

## Visions of Sugar Plums...

*Take our healthy - or not - holiday eating quiz!*

You may think you're wise when it comes to healthy eating during the upcoming holidays, but our holiday eating quiz is guaranteed to trip you up on at least one question. More importantly, we hope our quiz will expose a few myths about eating and help you stay healthy (and happy) during the holidays. Bon appetit!



1. How does eating with friends and family affect how much you consume?
  - A. You eat half of what you would normally eat alone.
  - B. You consume 10% more than you would if you were alone.
  - C. You eat about the same as you would if you were dining alone.
  - D. You consume about 50% more than you would alone.
2. True or False: If you overeat at a big evening meal, you're likely to wake up ravenous the next morning.
3. Appetizers that you consume while standing and talking with friends at a party can quickly add up to how many calories?
  - A. 100
  - B. 250
  - C. 400
  - D. 600
4. True or False: You'll gain weight by eating a single piece of pie.
5. A typical Thanksgiving meal contains how many calories?
  - A. 500
  - B. 1,000
  - C. 1,500
  - D. 3,000
6. How far would you need to walk to burn the 3,500 calories in a typical holiday meal?
  - A. 10 miles
  - B. 23mile
  - C. 35 miles
7. What should you eat before the big Thanksgiving feast so that you're less likely to binge?
  - A. Nothing – you should skip breakfast and lunch the day of Thanksgiving so you're not loading up on extra calories.
  - B. Soup
  - C. A slice of pecan pie
  - D. Some dairy, like a few slices of cheese or a glass of milk
8. Which holiday main dish has the fewest calories?
  - A. Turkey
  - B. Ham
  - C. Prime Rib
9. Which holiday side dish provides the fewest calories?
  - A. Green bean casserole
  - B. Candied sweet potatoes
10. Which pie will do the least damage to your waistline?
  - A. Pecan Pie
  - B. Apple Pie
  - C. Pumpkin Pie

11. Which holiday drink packs the biggest calorie punch?
  - A. Mixed (alcoholic) drink
  - B. Eggnog
  - C. Cider
12. What percentage of your extra holiday calories likely come from fat?
  - A. 10%
  - B. 25%
  - C. 40%
  - D. 70%

**Answers:**

1. D - A study at State University found that when people ate among friends or family, they consumed about 50 percent more than if they were alone or among strangers. The study concluded that drinking and watching others indulge lowers our resolve, and that conversation prolongs the meal and distracts us from calorie counting.
2. True. According to the American Dietetic Association, a large meal makes your digestive system work overtime, raising your blood sugar. Once the meal is digested while you sleep, your blood sugar drops, triggering greater secretion of insulin, which further whets the early morning hunger.
3. D - 600 to 800 calories solely from appetizers.
4. False - You need to consume 500 calories of food daily (or 3,500 calories per week) above your normal/maintenance consumption to gain one pound, so it's impossible to gain weight from one piece of pie.
5. D - A typical Thanksgiving meal has more than 3,000 calories.
6. C - If you figure 100 calories burned per mile walked, you need to cover 35 miles to lose the typical holiday meal.
7. B - A study conducted by Baylor College of Medicine in Houston found that people who consumed a bowl of hot soup before meals ate less, lost more weight, and kept it off longer.
8. B - Six ounces of cured ham contains 300 calories, six ounces of turkey (white and dark meat) 340 calories, and six ounces of prime rib 330 calories.
9. B - If you select a half cup of candied sweet potatoes, you gain 150 calories while a half cup of green bean casserole adds 225 calories.
10. C - A slice (one-eighth size) of pumpkin pie equals 110 calories, the same size slice of apple pie equals 410 calories, and pecan pie 480 calories.
11. B - One cup of eggnog contains 343 calories, one mixed drink 250 calories, and a glass of cider 120 calories.
12. C - Fat is the more calorically dense than protein and carbohydrates.

**Sources:**

[http://www.aarp.org/health/longevity/info-12-2009/one\\_step\\_holiday\\_eating\\_plan.html](http://www.aarp.org/health/longevity/info-12-2009/one_step_holiday_eating_plan.html)  
<http://www.cpmc.org/about/e-health/11-05%20healthy-holidays.html>  
<http://www.marieclaire.com/health-fitness/news/holiday-dieting-quiz>  
<http://www.healthcentral.com/heart-disease/quizzes-278461.html>